



EATING 101 RU DINING HEALTHY?



A WEEKLY NEWSLETTER BROUGHT TO YOU BY THE RU HEALTHY DINING TEAM

A Joint Program between RU Dining Services and The New Jersey Institute for Food, Nutrition, and Health

Food For Thought

Have you ever walked into a room and completely forgot what you went there for? Or felt like your thinking was “foggy” or “sluggish” when studying for an exam? Following the Covid-19 pandemic, many individuals find themselves dealing with this feeling of brain fog. There may be something you can do to help to combat this feeling. Eating a “brain healthy” diet and living an active lifestyle may provide your mind and body with better focus, heightened concentration, and increased energy. Stay *mindful* of the following tips to live a more “brain healthy” lifestyle.

BRAIN FUEL

Studies suggest that consuming a well-balanced breakfast may help college students improve their memory, cognition, and test performance. Try kick starting your day with foods from at least three of these groups: whole grains, fruits, vegetables, low-fat dairy and lean protein.

Next time you’re in a dining facility, try one of these “brain fueling” breakfasts:

- A spinach omelet with whole wheat toast and a few slices of cantaloupe
- Oatmeal with apples, cinnamon, and walnuts



A BRAIN-HEALTHY DIET

Studies have shown that eating a Mediterranean-style diet that includes olive oil, fruits, vegetables, nuts, beans, and whole grains can improve thinking, memory, and overall brain health.

Keep an eye out for these key components of a brain-healthy diet in the dining facilities:

- Salmon or tuna
- Walnuts, pecans, or sunflower seeds
- Vegetable oils
- Whole grain breads

MAINTAIN AND TRAIN YOUR BRAIN

In addition to a “brain healthy” diet, exercise may also help improve learning and memory.

Stimulate your mind and body by:

- Working your way up to 30 minutes of moderate exercise, 5 times a week; try jogging or taking an exercise class at any of the Rutgers Recreation Centers
- Exercising your mind by engaging in a novel, playing a word game, or practicing mindfulness
- Participating in social activities such as grabbing lunch with a friend at a dining facility



Incorporating these healthy tips is a no-brainer!

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References: *Breakfast Habits, Nutritional Status, Body Weight, and Academic Performance in Children and Adolescents*. Available at: Journal of the American Dietetic Association 105.5 (2005): 743-60. Accessed on 4/26/23. *What is Covid-19 brain fog—and how can you clear it?* Available at: <https://www.health.harvard.edu/blog/what-is-covid-19-brain-fog-and-how-can-you-clear-it-2021030822076> Accessed on 4/26/23. *Does Eating Breakfast Affect the Performance of College Students on Biology Exams*. Available at: Bioscene: Journal of College Biology Teaching 30.4 (2005): 15-19. Accessed on 5/13/23.

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